

# BHARATHI BYTES



NEWS LETTER OF  
ROTARY CLUB OF CHENNAI BHARATHI

*RI District: 3234*

*Club Id: 86610*

*Charter date: 8th April 2015*

# President's desk



**RTN.NISREEN  
MUSTAFA  
MADRASWALA**

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*President of RCCB  
 Founder - MUNSHI's  
 Wholistic Services  
 French Teacher*

Recognitions are wonderful, Winning is even more a reason to celebrate oneself!  
 I walked the ramp today supporting Cervical Cancer awareness which Rotary District 3234 has made it its mission .

I read a poem on " Heartbreaks" and conducted a Mindfulness session.  
 The event named Rotary Attitude Fashion Talent Star ( RAFTS) by Rotary Club Spotlight gives Rotarians an opportunity to showcase our Talent.

Being a Finalist and finally receiving the 1st runner up title made me feel good and beautiful.

The judges asked " if you were to be born as a man one day ,what would you do?"

My answer was in a nutshell I'd love my life fearlessly.

A beautiful event ,a lovely evening and a fitting finale.

Grateful and blessed.  
 In abundance always!

# PROJECT FOR THE MONTH

## RC CHENNAI BHARATHI & PROJECT RISE

### *PARTICIPATED IN DISTRIBUTION OF ESSENTIAL KITS AT THE OLD AGE HOME*



**RC Chennai Bharathi &  
Project Rise**  
Participate in  
Distribution of Essential kits  
At the Old age home  
Venue :St George's school, Shenoy Nagar  
November 8th  
10am

President  
Rtn Nisreen

Secretary  
Rtn sorika



The Old age home is in a 309 year old building in the St George's school Premise.

Next to it is the Orphanage.

Today RC Chennai Bharathi along with Project Rise donated Essential Items to the inmates.

A mindfulness session too was conducted by me.

The Seniors were very happy and want us to keep coming back and we will do so along with our Annettes.

For Rotary,  
Rtn Nisreen Madraswala  
President  
RC Chennai Bharathi 24-25.

# HYGIENE WORKSHOP



We as Participating clubs , Received Two posters which will be handed to a phc & our Interact school, Pananthepe Railway colony.  
The school boys from class 6 - 9 were taught Toilet Hygiene.



Left & Below: Students preparing to plant in the coconut shells.

Above: Club president Nisreen Madraswala (seated third from left) along with other participants at the Immersive Experiences programme.

Rafiqy in Chennai. Each session lasted 40 minutes. "They created mind-blowing sessions, offering the participants insight into their stru-

to various narrative platforms. I used to think that I had done something wrong and hence was facing these issues. But after such therapies/sessions, I realised that I was the victim, and wondered why was I feeling guilty. Such sessions helped me get out of the victim mode, and I want the others facing similar issues to have a similar experience. It is as simple as saying I have a cold, and I need to rest and people around me shouldn't make a big fuss about it."

One doesn't blame oneself for catching a cold, so why should people feel guilty or responsible when they face some mental health related problems, in the context of a school



Students stood in a line. The therapist from Nisreen Madraswala conducted several sessions over the years for parents and children with autism, and has found it extremely

beneficial. "In my experience, group therapy works as people share their ailments openly and it is a gradual manner in the therapy groups and activities from. There is an ease to

do any of the dance movements, it's a flow". She said members, all of them women. "We are open to taking in my gender". They embraced the project and it felt like a first step at the



meeting days. Projects are planned for entrepreneurs, special children (that of need and others. As the child holds both physical and online meetings, the preschoolers open the online meetings to all members. We were careful to be ready for a day when there even needed a ability and love of their work. "The school is a great place for them. We usually stay and don't talk much, but in a few minutes, the interaction was replaced by a small laughing session."

Developed by N. Kishorekumar



planted them in coconut shells that were about 200mm long.

But the planting didn't stop there. The group was trained on why "seed therapy" is the best way to grow a business. In the background, Nisreen, a social worker from the Autism Centre, which is an educational and holistic health services provider, explained the importance of the project. "This is a great idea for all children with different abilities to work in a group and develop their skills, which will benefit them in the long run," she said.

**M**oreover, it is a valuable project done by the club which demonstrates a willingness to change per person (1-200) and to help the "same" group with specific "mental health issues" in which 100 projects participated. There was a contribution of their different experiences - mental or social issues. In small groups, the participants were put through several sessions by Nisreen, Madraswala, who was a school for autism children in Mysore, and set by her by Nisreen from



**T**he Rotary Club of Chennai Bharathi, RID 3234, has adopted a fairly new and interesting method to tackle mental wellbeing... by pressing into service a triple combination of sound, art and dance therapies to engage a large number of people, with the special focus being on those who are dealing with various issues related to mental health. Ever since she began her year as the club president this July, Nisreen Madraswala has been on a "mission to create spaces for individuals to speak, listen and heal from mental health issues which can later manifest into serious health problems if left untreated or unaddressed." Her first project for the year was with the club's Interact school — BNS School in Chennai — which involved the participating children sowing native seeds. "Prior to the event, we had asked the children to collect during their summer holidays local seeds from fruits such as jackfruit, mango, melon etc, and they



*Very very happy & grateful to share , Our Mental health Awareness Initiatives wonderfully covered in This month's ROTARY News.*

*Proud moment for all of us.*

*Right from our first Project Aarambh to The Immersive experiences, it's too endearing to read .*

# CLUB MEET



CLUB MEET AT THIRU VI KA  
PARK, SHENOY NAGAR.



Rotary Club of Chennai Bharathi's  
signature event



Learn to build your business

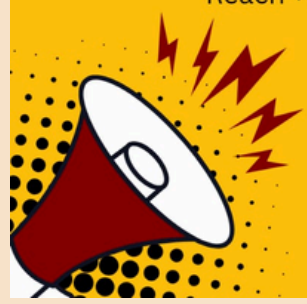
Platform to pitch and sell

Network with peers

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Call for Small business owners and  
homepreneurs in wellness and health industry.

Reach +91 98845 26259 for details.



**REGISTER NOW**

Rtn Nisreen Madraswala  
Club President

Rtn Sarika Prakaash  
Club Secretary

Rtn Shilpa Menon  
Chairperson- Special Projects

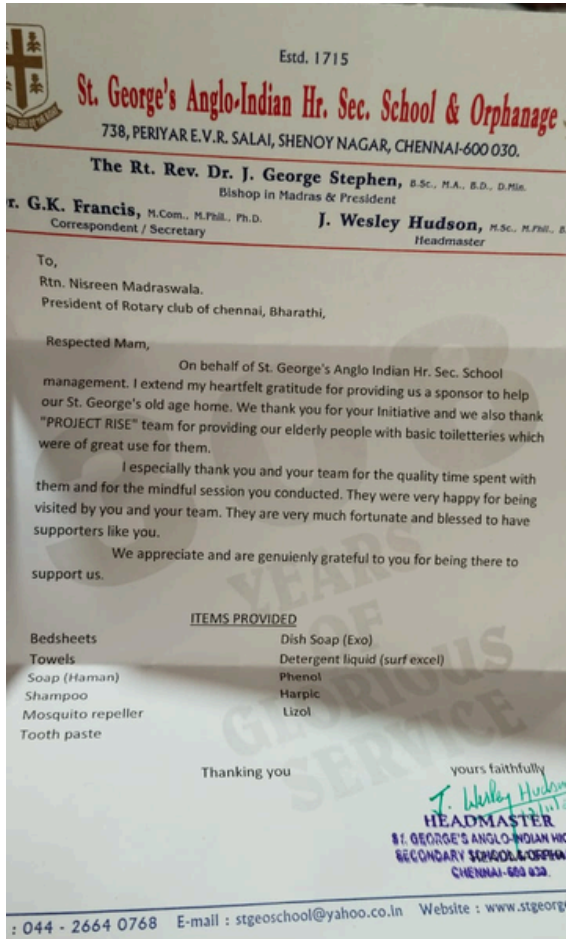
# RECOGNITIONS



A special recognition for RTN.Nisreen Mustafa Madraswala who was awarded 2nd place at the ramp supporting Cervical Cancer awareness which Rotary District 3234 has made it it's mission .







A certificate of appreciation received by Our President, **RTN.NISREEN MUSTAFA MADRASWALA** for her **INITIATIVE WITH "PROJECT RISE"** at the old age home.